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Inaugural Dissertation

On

The nature and Treatment of

Dyspepsia

by

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The subject I have chosen for the following remarks is one of importance whether we regard the frequency of its occurrence in practice, or the bearing it has upon all almost every other form of disease. Existing it is a cause of much discomfort and even misery. Removed, happiness and useful activity follow. The practitioner who does not duly attend to all its varied shades, and shape his treatment accordingly will neither add to his own name, nor that of the profession to which he belongs. Empiricism will come to the rescue, and whether from accidental appropriation of prescription, or from a shred common sense application of the most evident rules of dietetics and regimen, the patient may yet well and the case be trumpeted abroad to the public as full of the man - nellows, and of course as telling successfully against the claims of orthodox and patient medical science. It is therefore on these grounds an incumbent duty to be well acquainted with the physiology and pa
logy of Digestion, and with the best means of remedying any departure from what is its healthy state. In order to understand which
shall premise a few remarks upon the function in a state of health, as the best way of offering our reflections upon the diseased state of it called "dyspepsia".

The function of Digestion has for its end the keeping up and repair of the tissues. It is a law of vital action that the exercise of function is attended with more or less impairment or death of the organs, so that, unless such waste were provided for, both organ and function would soon cease to exist. Such a provision exists in the reception of external matter into the body and the elaboration of it by various processes into fit material for assimilation to the lost or exhausted tissues, and it is a clear knowledge of the circumstances most conducive to the healthy completion of these changes which alone can prepare for a correct understanding of "dyspepsia"—which is simply a result of interference with the
conditions of healthy digestion.

External matter, so far as it is alimentary, has been comprehensively arranged under two heads, the "azotized and non-azotized" forms for the formation of tissues, the latter for animal heat. Gum, starch, sugar, and oil, make one group; fibre, albumen, casein and gluten make the other.

Yet the idea must not be entertained that each article under these heads, is alike capable of answering its particular end; for stability or other circumstances may modify the result, notwithstanding similarity of composition. Thus the matter of wood, "Lignin," is composed of carbon and water, like sugar, but the latter is soon absorbed from the intestines and consumed, while the former resists with the forces unexchanged. In the same way, albumen, casein and fibre differ from each other, though all are composed of almost the same proportion of oxygen, carbon, hydrogen, nitrogen, sulphur, phosphorus, and calcium, and as a still better illustrated, casein differs from the others in wanting phosphorus.
tion of the same idea, even the same substance, has not the same relative digestive action under all circumstances. Thus the fibroin of young animals is not so fit for healthy nourishment as that of older animals, as for example, veal or lamb compared with pork or aged beef or mutton. Hence there would seem to be a saving of vital action when the fibroin is most matured. How the use to be made of such facts is simply this, that attention should be paid to the particular fitness of such articles of diet irrespective of general common properties. Any one substance is not to be taken because it is "azotized" or "non-azotized," but because it is the fittest of the "azotized" or "non-azotized."

In connection with "_azotemia_" it is well known that starchy substances, as rice, tapioca, and potatoes agree better with the stomach than the same amount of fiber or Smoking vegetables, as cabbage, greens, barley, &c.: and therefore the former should be allotted more in the vegetable part of diet.
Yet I would not dismiss these remarks without
adding a qualification to them, namely, that
exculents have a hemorrhial quality which far
enounces substances want, and which is of
great consequence in the management of
 dyspepsia. They act gently upon the bowels,
and thus prevent a frequent cause of dyspepsia
namely, constipation. Many patients will be
benefited more by attention to this than by
using medicine, the operation of which is not
without inconvenience, especially if habits
are used, a little turnip, carrot, or the like,
will often in course of time produce an
carry state of the aliment functions, and conse-
quently obviate all those evils which are reflected
back upon the system from its continuance
by the absorption of matter from the retarding
egesta, and the effects which, by the circulation
they produce upon the nervous system, and
subsequently through it upon the secretions
of the stomach, but in using exculents
with such a view, moderation must be
observed, for excess leads to acidity and flat-
ulence, symptoms which may be overcome.
by the use of antacids, at first, and afterwards, diminishing the quantity of vegetables used. Similar remarks may be made on fatty substances as articles of diet, which also induce hepatic disease from the liver, not being adequate to the perfect elimination of the redundant carbon implicity in the use of much fat. In fact, both fat and cereals, when abused, are likely to produce dryness, but they are not on that account to be entirely laid aside in diet; they should only be not abused. The good done by beer is in an acceleration of the bowels more than compensates for any risk to the stomach and as the best proof of the soundness of such counsel, it may only be added that there are cases in which the health is kept up by no other means than a broken quantity of vegetable and fatty substances in the diet.

Among the more substantial alimentary materials, selection must also be attended to. The flesh of old and too-young animals is less easy of digestion, than that of such as are middled aged. In the former the acerola
Ofce is mo abundant and most probably the fibrous part is also less soluble; in the latter, as already hinted, the substance is not so elaborated, as it should be. It is on that principle that "the lowest-priced flesh is not the choicest"—a vulgar error, not less common than it is un economical.

Beef to flesh and fish stand leguminous and farinaceous substances. Wheat flour variously prepared, from the proportion of glutenous and amylaceous matter which it contains, is probably for Europeans the most suitable, though bean meal as Peter Kornblum of the French Academy of Medicine is more abundant in the aged and constipated; but the mode of preparing it has much influence upon digestion. Kneading, grinding, and baking may be regarded as all the means of preparing the seed to the subsequent action to which it is subjected in the body, as is proved by the fact that among the poorest classes of society, the most evident amelioration occurs, when the coarse and badly baked bread is substituted for
that more carefully prepared. Rice meal
when much used, leads to the disorder of digestion
and cutaneous disease, from which older members
of the family who use it boiled into porridge
are exempted. The same difference is seen in
those who use an infusion of meal (the
well-known "soré") compared with those
who use it well boiled ("porridge"). But our
remarks will be more to the point by stating
the difference between "new" and "stale" bread.
In the former the fermentative change has
not been completed, and if taken into the
stomach, it endeavors upon this organ to accomplish
the process. Vomiting, distention, and acidity
is the consequence, apparently from the
action of the mucous membrane or pellicle
producing carbonic and lactic acid from the
starchy portion of it. It is well known
that the saccharine group of substances
can be changed into lactic acid by any
ferment; and though Leili's doubt, even the
existence of such an acid in the body, his
arguments do not appear conclusive;
but it is certain that the substance known
To yield lactic acid are found to be followed by acidity in the stomach. But what perhaps is a chief part of the explanation is that "new" is more enticing than "old" bread, and therefore too much of it will likely be taken - as is well illustrated in the objectionable practice of taking hot rolls at breakfast. Those accustomed to stale bread soon experience the evils of such a habit, should they venture to breakfast a single day upon rolls - very probably from the combined action of improper quantity and quality. It is therefore a matter of moment to prescribe new bread in the treatment of clysteria. Barley meal and beans, especially if well boiled, are very objectionable, and therefore may be usefully substituted for the less suitable articles in treating clysteria. The lower classes use boiled beans, when both do not agree with their "weak" stomachs. The activity of leguminous substances further abhorr upon magistrates, and other animals, whose condition is highly improved by being fed with them.
Oats and Barley are less likely to agree with weak stomachs than wheat or leguminous substances—being naturally less nutritious and also not so well suited of fibrous matters; but in respect to their laxative effect, they are not without their peculiar advantage. The husky part stimulates the peristaltic motion, besides probably from adding to the body the phosphate which abounds in them, a view which appears to be supported by the constipating effects resulting from the use of overrefined bread. Dyspepsia among the poor is just as likely to proceed from these substances, as they are to be useful among the better classes, where the aliment function can only be kept right by strong medicines. Stomach complaints with the former are cured by obtaining flesh for diet—their bodies being nourished upon less quantity of a more easily changed article; while with the latter, while with the latter the evil effects of strong purges are avoided by the use of oatmeal—the general vigour in the course of time, becoming so much improved, that the
digestion of even less digestible substances, is easier than that of more so, with the previous state of the body—
With these remarks upon the kind of aliment most suitable to health, and therefore most serviceable in dyspepsia, let us now proceed to the other circumstances which may be more or less concerned in the production of indigestion, viz. A departure from the proper degree of completness of the various actions to which aliments are subjected, after being received into the body; for even though the inges to be appropriate in character, digestion will not be healthy unless they be duly and subjected to subsequent changes in the prime vasa.

The first of these processes is mastication, insufficiency of which is calculated to induce dyspepsia. In America the affection is known as "Dyspepsia from bolting the food," and the same evil may be detected among patients in this country. When those who have swallowed the hard particles of barley in Scotch broth have been recomp
-mented to be careful in masticating them, 
such amalgamation has been observed as to 
leave little doubt that it was owing 
to the full effect of the teeth on the solid 
parts of the food. But Physiology teaches 
here, that other facts are implicit in 
mastication than mere reduction to powder. 
It is known that the larger quantity of 
food is regulated by the demand of the 
system, and that the quality of these 
waits until a certain time for absorption 
from the alimentary surface; and that if 
more be introduced into the stomach 
than there is gastric juice to digest, 
or the system requires, it will prove a 
certain source of disorder, first in the 
prime of life and afterwards in other 
parts of the body, especially in the nervous 
system and joints, by leading in the latter 
instance to the formation of lithiaceous 
&c. It is upon the above explanation 
that one half the amount of fluid or 
solid substance will satisfy as much 
when slowly taken, as a greater quantity
will when hastily swallowed; and when mastication is gradually accomplished, besides初步 trituratation, the system supplied with the first portions gives due warning when to desist. In this way the long time occupied at principe meals by the latter classes must be regarded as reasonable against what is likely to happen in these classes, e.g., indigestion, and the remark suggests the reflection, how far the practice of "long" meals is a sign and consequence of the relation of time to digestion, which experience has generally taught. In relation to the evil which would follow not the tender cases keeps moving constantly, and the man of wealth and idleness follows the hunt; and in the same way, the felt evils of hurried meals have in course of time necessitated the practice of setting long at dinner, among those emphatically needing such a good practice. From all which it will be seen that hasty swallowing of the food without due
mastication produces indigestion also, by the irritation of superfluous matter — the wants of the system being considered. Not imperfect salivation may be looked upon as having some share in producing dry-paedia. Though the saliva serves no better end in the mouth than water, it co-operates subsequently in the stomach with the gastric juice, and the loss of it resulting from the habit of smoking or chewing tobacco, must be regarded as a cause of dry-paedia. Some saliva thus drawn is a pure drain upon the system, besides being inapplicable to chymification: but the habitual action when used in excess — of such a strong sedative upon the nervous system, leads reactively, sooner or later, to serious affection of the alimentary mucous membrane, as is seen in the constipation to which great smokers are liable.

Whether the constant shifting of the bile, so mixed with air, and the help digestion in the stomach, it is
difficult to say in the present state of physiology.

The changes which the food undergoes in the stomach are influenced by several circumstances, a knowledge of each of which will regulate the specific treatment of dyspepsia. First there is a fixed quantity of gastric juice secreted, implying that only so much food should be ingested as it will dissolve. Secondly solid food stimulates both the secretion of the gastric juice, and the peristaltic motion (that is, both the chemical fluid and the means of bringing that fluid fully to act upon the ingesta), and therefore in treating dyspepsia attention ought to be paid to the physical quality of the ingesta. Thirdly digestion is injured by reduction of temperature of the stomach through cold drinks, and therefore they ought to be prescribed or at least regulated. The importance of this appears from the experiments of Tiedman and Gmelin; and ice, creams, and draughts of
cold water, during or close upon a dinner
ought, as they are found by experience, to be
most hurtful to dyspeptics. Foully, mental
affections and whatever operates strongly
upon the brain, influence chymification
in an important degree, as has been long
believed, and lately actually seen in
Alexis St Martin’s case of perforated stomach.

As to quantity, it may be safely affirm
ed, that three fourths of the cases of dys-
pepsia, which come under treatment, are
owing to a degree of gluttony. This arises,
chiefly, in two ways, first from having
a false standard of how much should be
eaten, and, secondly, from an equally false
standard of how often food should be
taken. It is evident that what would
be sufficient for a rigorous active person
might be most hurtful to a less energetic
system. Thus, the man, who has been
engaged in some active rural employment,
must not equally indulge at table, on
desisting from his activity, and living
idly in a town. In fact quantity has
relation to waste, and not to appetite and the heats of others in eating. Every one has his own rule, and, unless among the poor, there is little risk of erring on the wrong side. And the patient who will conscientiously limit the more quantity of his food, will often accomplish more for himself than medical skill can. The experienced dyspeptic knows well the influence of anything like a rule when, after having been comfortable and well, for a long time, he is reminded of his days of misery and distention, acidity, and mental despondency, as a consequence of one or two over free dinners, or what is even worse, suppers. Nothing tends more strongly to encourage this excess than different courses. Appetite suggests, as it were,

* Dyspeptics have the least conscience of any patients in conforming to what is prescribed. Their minds are taken sadly of their complaint, and they are ever sinning against not only the orders of the Physician, but the clearest light of their own experience.
that there is a separate place for each
dish, while in truth there is only one place
for all, and the person who would keep
his stomach long in a healthy condition
must be on his guard against the evils
of heedlessly partaking of too many dishes
at table! While the "plum-pudding" is a
proof of the vigorous stomach of John
Bull", the "roast beef" alone would be
the best security for his permanent
good health and digestion. Beyond plain
roast or boiled, then, the dyspeptic should
be careful not to go: for a greater quantity
will be taken when several dishes are par-
taken of than when only one: and though
Abernethy's advice may not be in ac-
cordance with scientific accuracy, it is
a very good standard to aim at. Six
hours should be urged as the proper time
between each meal: for there is no danger
of colic from such advice, seeing as already
said, there is so little likelihood of getting
strict obedience. The mere gratification of
real appetite at any time between breakfast
and dinner cannot be prejudicial, but at the same time it is certain, that sys-
tomatic and excessive "lunching" is a huzz-
ful practice; and so, while a cup of tea
may be refreshing and useful as favouring
the natural reaction which follows, the
equally natural collapse after a meal,
it cannot be useful when accompanied
by irritating "cakes" or "biscuit". For help
can heavy suppers be good. In short
hypochondriacs may often require no other pre-
scription than that they should take
fewer meals, and less of each.

Cold water, by lowering the temper-
ature, by adding to the bulk, and perhaps also
by diluting the contents of the stomach
is hurtful. Many are too apt to share the
evils of wine drinking, by ignorantly abusing
cold water, an abuse almost as injurious
as the one it is meant to avoid. Most
people from the soups used acquire quite
enough of fluid, without adding more in
the shape either of cold water or what is
worse, cold beer. This latter fluid in the

very act of appeasing a feeling, begets a new disorder, especially Rheumatism, Gout and Stone. To take so much of a poisonous gas in concentrated solution into the body seems not less foolish than experience proves it to be.

Not to speak of the immediate distention and uneasy relief which it gives, it is followed by an inert and stupid state only to be made better by the party making himself worse with it. Large quantities of tea and coffee are also objectionable. In course of time they act upon the nervous system, in addition to the enfeebled effect which they have upon the stomach, by their quantity and warmth.

Mental emotions are well known to affect the state of digestion just as digestion influences them. An easy or cheerful mind is no less a help to digestion than a depressed or fretful one is hurtful. Bad news stopt appetite and arrest digestion on the one hand; and bad digestion, or acidities, of any kind will beget every kind of fretfulness, despondency, impulse
or folly. This mutual relation teaches how useful it must be to watch the action and reaction of these upon each other, and so to modify the line of practice by such knowledge. It is said that by Napoleon taking cheese the night previous to the battle of Waterloo he lost the day; and in the allegation there is much important meaning. "Laugh and grow fat" illustrates the same truth, in a different direction.

Under this properly comes the evils of the want of sleep, secure study, the use of venous fluids, opium and the like. Since the repose of the whole frame, and in particular of the nervous system is essential to health, it is easily seen how hurtful everything must be which interferes with this. When the hours of sleep are habitually abridged not only are the nerves themselves altered, but even the mind, as shown by the irritability of temper, a changing from extravagantidity to extreme depression, hypochondriasis and especially by want of self-control; but
the muscular and nervous systems soon come to partake of functional disorders, as marked in the former by the liability to twitch, spasm, cramp, easily excited ceculation, bronchitic susceptibility &c. and in the latter by the funnel tongue from acid in the stomach, constipation &c. But in order to eradicate the evil, the physician must perseveringly set about restoring the nervous system to repose, by the prescription of longer rest, and cessation from all mental labour. The benefits of the country, whatever else they may be, consist in a great measure of cessation from the usual business and bustle of the town, and conformity to the early hours of country friends; which, along with the directing influence of new ideas, and occupations, and new exercises, can never be over-valued for beneficial influence. But here let it be said that the country will often do harm, if the transition be not attended to; if coarse diet, and undue fatigue be indulged in, evil and not benefit will be
the consequence. The change should be gradual, and all unnecessary haste to enjoy the anticipated pleasures moderated. Severe study is simply an aggravation of the want of sleep. Periodic sleep is of itself necessary for the proper nutrition and exercise of functions of the brain and nerves, but if to this evil is added exhausting mental effort, matters become still worse. Local congestion leading to organic injury—false appetite to relieve uneasy sensations and the nervous waste—diseased stomach and urinary functions, especially the formation of phosphates—follow.

Wine in any shape is sadly abused, and the most unscientific notions prevail upon its use. It need not be denied that in some cases, wine, moderately taken, may be serviceable, but, as generally or rather universally used, it may be more than called in question. It is a fact that digestion is better among those who never use it to any degree, and it is
no lep a fact that in those who do use it, digestive and health have been better before the practice, and better in proportion to the moderation of the practice. This and a more extended reasoning than is here necessary, lead to the conclusion that it is a fruitful practice, and that it would be well if it were less indulged in by society at large. It is not so much its own evil influence, however, as that of concomitants. The gluttony, ill ventilation, and late hours so implied, have as much share in inducing dyspepsia as the wine itself; but seeing it is the prime evil, both initiative and reflectively, its use too often leading to abuse cannot be too cautiously recommended, if it is not to be deprecated.

If it were to do good, let it be taken away from meals, and at a time when it is not so likely to mislead—as at lunch. When rapidly absorbed from the prime wine it may add to the general tone, and animal heat of the frame. At this and other times, a glass will serve to promote alvine action.
besides giving tone, and so enable the sufferer to dispense with strong medi-
cines—those most dangerous of agents, which daily make worse the evil for which they are used.

Opium is another most pernicious agent, and is very stupidly used by too many to deserve any notice. The habit of body induced by it is even more obstinate than that from whisky or wine, and only the strongest moral courage, aided by new stimulants, and diversions of a safe kind can cope with it; but the indigestion, constipation, and tremors following are too well known not to understand its injury to digestion.

Tobacco, smoked, chewed, or even sniffed, to an excessive degree, is also hurtful to digestion, and a fruitful source of dyspepsia, though less so in every respect than the two last mentioned.

The waste of saliva, and the sedative effect upon the nerves and therefore upon secretion, are too well known
to be denied, and severe constipation follows the disease of it, requiring for its relief more and more of it, or in other words requiring the evil to be increased. Particles of snuff getting down into the stomach have kept up symptoms till evacuated by an emetic, not to speak of its probable hurtful effects through the nervous system.

Drugs by doing away with these evil habits produce results which when spread by those who have derived the benefit, yield no trifling, if unenviable, profit to themselves, and it would be well if regular practitioners would faithfully see to give the same recommendation as a matter of scientific and honest prescription. The bottle, the spigot, and the pipe laid aside, coincidently with some pretended efficacious pill or potion is the secret of the success of all "irregulars."

Muscular activity should not be omitted, among the collateral circumstances connected with dyspepsia. Unless the f-
principal fibre be extended, by the exercise of its function the real demand for food ceases and whatever is therefore introduced above such want is hurtful, both by being acted upon imperfectly in the stomach, and by loading the circulation with what the slow respiration, implied by inactivity, is inadequate to overcome by combustion. Hence it is that in course of time, slothfulness leads to indigestion, and more especially to disease of the liver and kidneys from the latter organs exciting an undue quantity of mucus ands constituents, and the former performing more or less of the function of the lungs besides its own. But more than merely the evils which follow the non-expenditure of the muscular fibre are implied in inactivity: there is also deficient respiration, for repeated muscular contractions quicken the circulation, which in its turn leads to hurried respiration from which a free entrance of air results. In this way there is more certainty of consuming any excess of the healthy pro-
ducts of chymification as well as foreign matter accidentally introduced. By the same means the elimination of carbonic acid from the lungs is more perfectly secured, the retention of which leads first, to congestion and eventually to organic alteration of the liver and other organs; and secondly to comatose affection of the brain and general nervous system. Whatever interferes therefore with the due elimination of carbonic acid at the lungs, cannot but be hurtful to digestion, by affecting the function of the mucous membrane of the stomach and intestines (through the medium of the brain and nerves), the liver &c.; and attention to this is accordingly of importance in the treatment of dyspepsia.

With this general account of the different parts of the digestive process, and the bearings of each part upon the subject of my essay, let me concentrate attention more immediately upon that complaint and the indications of the special treat-
ment to be pursued. —

Cullen’s definition includes the essence of the effects resulting from inattention to the conditions of healthy digestion as enunciated in the previous pages. It is “anorexia,” a symptom of depletion of the tefons and perhaps of nervous alteration of the stomach — “Pauca ormitis” proceeding from irritable excited stomach, conjoined with morbid excitability of the brain and nerves “inflatio, rectus remittentis” from gaseous formation occurring in the stomach, and then being expelled upwards. “Cardiologia, gastrodynia” related to acidity and irritability of the stomach itself and also to disease of the nervous centres, especially in gastrodynia; “pancia saltom ad plenas haurium simul consequentia, phlegmique cum alia adstringe,” a sequence of the want not only of healthy products in the gut, but of the secondary action of the general blood and nervous centres upon the liver and general mucous membranes.

Now in the treatment, an emetic
may be used to clear out the unhealthy contents of the stomach, purging following with the same end in view. This being accomplished, the first step next to be taken should be the moderate use of antisyphilitic as magnesia or carbonate of soda. Gregory's powder or hydro-o-recta are at once antacid and purgative, and carefully used will be found highly serviceable in the cure of dyspepsia. The immediate evils of foul air in the stomach and intestines thus obviated by far the most important step next to be taken is to limit the patient's food to the most easily digested kind, and that too in the smallest quantity possible—to something very like starvation. Without this all other means will be unavailing, and by it alone, as already said, a cure will often be effected.

A small quantity of good beef or mutton, with a little rice, stale bread, or hard biscuit, will be enough, and however small the quantity of these they should never be carried to the extent of exciting any feeling.
about the stomach. This plan must not be laid aside because the anticipated good does not immediately follow: for in dyspepsia it is only after some time that the bad symptoms are put in abeyance. Between habits and appetites together with the want of perseverance in self-denial, the benefit otherwise to be expected from advice is opposed and the reflection—improperly indulged in—that the case is beyond the reach of medicine. When those who suffer are seen from day to day to practise a degree and kind of dietetics, which would bring an disorder in the most healthy, is it to be wondered at that dyspepsia in such persons assumes a severe and protracted cast more to be benefited by the firmest self-denial on the part of the patient than by any prescriptions. Soups, heating of themselves, and hot with noxious spices—fish with fatty sauces—roast or boiled with equally hurtful mustard-flavoured often not “improved” by additions, or tarts, a sufficient trial of themselves for the most healthy stomachs—fruits and wines are
un craftily but taken of, though each would of itself be hurtful to anyone, and yet patients are astonished that they have a "bad stomach." Next, let the meals be few and at good intervals. Breakfast should be light, and cocoa or porridge may be substituted for tea and coffee, to which by acting upon the nervous system may be attributed many of the evils of dyspepsia. But such a change must not be rashly made when habit or great susceptibility stand in the way. If continued, the tea or coffee should be by no means weak. Not more than one cup or even half a cup should be taken, if acidity, sickness or distention attend the use of more. The bread used should be quite stale and in very small quantity. If animal food be taken at all, a soft egg or a very little meat may be allowed; but if bad symptoms result they should be disused till the stomach becomes stronger. Confections of all sorts are hurtful. Dinner should consist of a small quantity of good well-dried meat
with rice, stale bread, or biscuit. No sweets, beer, or spices should be taken; it should be light, good and simple. Cold water is best between meals, and wine at lunch, if at all, though it is likely to "sour" upon such stomachs. Tea should be taken rather late, and followed by no supper whatever.

A cold plunge or shower bath or cold affusion in the morning is most invigorating. It should not occupy more than 5 minutes, and should be followed by the friction of a flesh brush. The feeling the while day afterwards, is quite encouraging and is partly owing to the reaction of cold; the muscular exercise during the friction is also useful.

A smart but not overfatiguing walk before dinner is another most beneficial practice. Besides by producing slight exhaustion of the frame, and therefore prompting to nutrition, the mind is dissected from any morbid channel it may be prone to, through change of scene, and by encoun-
tering ever and anon some less depressed
that there should be and gloomy individuals, and sleep, in consequence, is more certain when evening comes. Rest if not sleep should follow dinner. In the evening music and dancing may be useful, provided they are not prolonged into late hours, or if not, light reading, or what is better, light conversation. Bedtime should be early, and sleep sufficiently long. Inability to sleep is too often the result of mere bad habit, and not of dyspepsia, a habit which may be gradually overcome by going early to bed, though sleep should not at first supervene. Such regimen and such dietetics, if persevered in, will be succeeded by the best results, and the following medicines will co-operate to the same end.

Emetics, purgatives once used, antacids should follow. As mentioned, the Sub Gregorie, and Hyd. ë Creta meet these indications. Magnesia, soda, or chalk will each serve, but beyond neutralizing the acidity, they will be hurtful. Oxide
of Bismuth is very good on this and some additional principles. Phosphoric acid will relieve the nausea and irritability of stomach, and a sinapism on the pit of the stomach has a like effect.

Infusion of Gentian, Calumba, Chiretta, or Chamomile, seasoned with orange peel, cinnamon and the like, are well calculated to produce good appetite, and an easy state of the bowels; and if the stomach will not well bear such draughts, pills of Quinine, bitter extracts with more or less iron or aloe may be substituted.

Carminals expel flatulence, as peppermint, spirituous "bitters" &c. Should the great gut be tardy, enemata should be preferred to strong cathartics.

With this sketch of the leading principles of healthy digestion; and the indications thence to be drawn in regard to the nature and treatment of dyspepsia I beg to conclude in the hope, that my reasoning and conclusions may be found consistent with sound Physiology and Therapeutics.

William Tailor